



FIRST WORD

First United Methodist Church

Volume 10 Issue 11
November 2008

A Note from Mary & Roger McGaffick

Webster's definition of spiritual: 1. of, relating to, or consisting of spirit. 2. of or relating to sacred matters, ecclesiastical rather than lay or temporal, 3. concerned with religious values. 4. spiritually akin or related. 5. of or relating to supernatural beings or phenomena, of, relating to, or involving spiritualism.

From Webster's New Collegiate Dictionary.

When people talk about spiritual uplift or being fed it is my belief is that this something that has to be in your heart first, and when you walk into the church that should wake up your heart to the

spiritual life within you. Being in church with your friends and family should warm the heart.

Going and being involved with your churches activities, Committees, Dinners, Plays, Picnics, Potato Planting, Harvesting, Apple Butter Making, BBQ Chicken Dinners, 3F's, Youth Functions, etc. Your church is blessed to have things going on for all ages. Once you become part of the church clock you will be happier with yourself and the church will become stronger also.

My wife, Bucky and I are happy because of what we do for our church. No one asks us to mow the Apple Pie

Ridge Campus, we took it on ourselves to do it ever since the church built the pavilion. No one asks us to come in on Sunday mornings at 7:00 am to get the church ready for services, we just do it. Why because we feel good inside knowing that whatever we do for the church we are doing for **GOD**, because this is what **He** wants us to do. Blessings,
Roger, Mary & Bucky McGaffick



Special points of interest:

- *Pastor's Corner*
- *Parish Health*
- *Church Calendar*
- *Youth News*
- *Prayer List*
- *Worship Preview*
- *Christmas Pageant*
- *Poinsettia*



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You are invited....

The congregation of First United Methodist Church is cordially invited to help celebrate the 100th birthday of

Mary McCarty. This will be held in the Social Hall of the Church on November 30th from 2-4 pm. No gifts please. Any questions

please contact Gerry Sandy.





From Our Faith Community Nurse

“Preparing for the Holidays”

Here it is November already! The holidays are getting kicked off with Thanksgiving, Christmas, and New Year's. Three months of warm comfort food and cold weather. This month is Diabetes Awareness month. Even if you are not diabetic, I have included tips for healthy living to get you through the holidays.

Know the plan. When are you eating? Don't starve yourself all day in preparation for the feast. Are you traveling? Make sure you have enough snacks in case you are stuck in traffic or at the airport. The goal is to prevent those extreme high and low blood sugar levels. And test, test, test!

Try revising some of your favorite recipes. Use one half the amount of sugar or try a substitute.

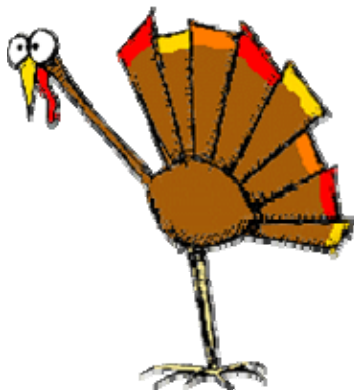
Replace some of the fat with applesauce in some of your baked goods. If you have to have your favorite sugar loaded dessert, share it with a friend.

Eat your vegetables. Choose your colorful veggies. They are high in vitamins and minerals. Potatoes and corn are high in starch and will increase your blood sugar.

This is not the time to take a holiday from your daily exercise routine.

Continue your workouts in addition to extra activities, such as parking far from and walking to the mall, or power walking while shopping.

As always, remember that holidays are a time to spend with family and friends.....not how much food we can eat. Take the challenge.....this



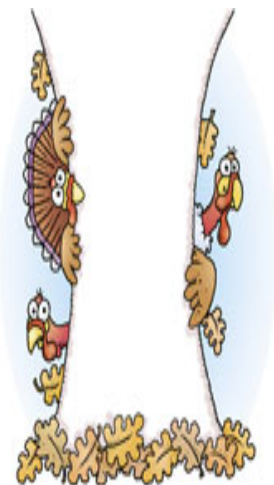
Thanksgiving when thinking of what you are truly grateful for.....see if you can name 101 things.

I leave you with this scripture Colossians 2: 6-7

So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Many blessings,

Ellen Cavanagh, RN





SHUT-INS

- Ruxton Health Care** Elma Anderson, Boyd Ramey,
Wanda Geiman
(110 Lauck Drive Winchester, VA 22603)
- Rose Hill** Lula Lewis
110 Chalmers Court Berryville, VA 22611)
- Hilltop** Mary Everline
(111 Denny Lane Winchester, VA 22603)
- Westminster-Canterbury** Virginia Lee
290 Westminster-Canterbury Drive Winchester, VA 22603)
- The Willows** Hazel Fries, Jean Loy
(1881 Harvest Drive Winchester, VA 22603)
- Mary Ann Posey Home** Jeanne Spaid
(776 Woods Mill Road Stephenson, VA 22657)

Please keep these service personnel in your prayers:

- Sean Cloud** Marine Corps
Stationed in Iraq
- David Kent** Marine Corps
Stationed in Iraq
- Jeremy Duncan** Army
Stationed in Kuwait
- J. B. Hughes** Army
Stationed in Iraq
- Daniel Northcraft** Army
Stationed in Iraq
- Paul Rashid** Army
Stationed in Afganistan

Please let the church office know if there are persons in your family serving overseas who need to be added to this list.
Please remember in your prayers all the men and women serving our country.



Henry & Irene Reynard, Arlie Funk, Bill Bowman, Carol Patterson, Bonnie O'Hara, Phyllis King,

Betty McCune, Bunky Woods, Anna Snyder, Bruce Clevenger, Dee Waddell, Noah Foley, Mike Brooks, James Ware, Lee Warner, Melissa Bozick, Susan Williams, Fran Ricketts, Erika Reid, Paul & Carey Booth, Bill Morris, Margurite Huffer, Peggy Taylor, Jessie Sullivan, Nancy Johnson & Doug Allen, Matt Ergebright, Christina Daniels, Melvin & Virginia Fawcett, Stacey Fritts, Danny Campbell, Ian Paul Eckert, Pat Lockwood, Don Smallwood, Mike McKeirnan, Barbara Rinker.

Please keep this page from your newsletter and include those listed here in your daily prayers. Additional names to be included in your prayers, will be listed in the weekly bulletin insert. A complete updated prayer list will appear in next month's newsletter.

Please remember the following members in your prayers:

Larry Cooper & Family, Albert Elgin, Jim Petry, Nancy Palmer, Alice Shell, Steve Spaid, Velma Ritenour, Edith Anderson, June Starke, Doug Purnell, Mary Carter, Bonnie Keplinger, Paul Carper, Doris & Ray Harding, Melvin Wine, Clara Kerns, Lew Dellinger, Cathy Dunn, Ray Keplinger, Jr., Dan Dutchess, Courtney Lowe, Our Church, Pat Shepard, Denise Adams, The Miller Family.

**“Out of the depths I cry to you, O Lord. Lord, hear my voice! Let your ears be attentive to the voice of my supplications!”
Psalm 130: 1-2”**



Worship Preview

November 2

Revelation 7: 9-17
Psalm 34: 1-10, 22 (UMH 769)
1 John 3: 1-3
Matthew 5: 1-12

Communion-All Saints Day

Lectors: Youth both services

Flowers: available

Acolytes: 8:30 am Hannah Cavanagh & Olivia Dickens-Bowman, 11:00 am Connor Foulds & Grant Johnson

November 9

Joshua 24: 1-3a, 14-25
Psalm 78: 1-7 (UMH799)
1 Thessalonians 4: 13-18
Matthew 25: 1-13

Hunger Offering & Organ and Tissue Donor Sunday

Lectors: 8:30 available
11:00 Gerry Sandy

Flowers: available

Acolytes: 8:30 am Luke Grzywacz & Bailey Disque, 11:00 am Sami Day & Ryan Seabright

November 16

Judges 4: 1-7
Psalm 123 or Psalm 76 (UMH 797)
1 Thessalonians 5: 1-11
Matthew 25: 14-30

"Ignite" Service

Lectors: 8:30 Anne Shickle
11:00 Tim Anderson

Flowers: The Newcome's

Acolytes: 8:30 am Alina Grzywacz, 11:00 am Patrick Wilfong & Rachel White

November 23

Ezekiel 34: 11-16, 20-24
Psalm 100 (UMH 821)
Ephesians 1: 15-23
Matthew 25: 31-46

Christ the King Sunday

Lectors: 8:30 Janie Dickens-Bowman 11:00 available

Flowers: The Kellogg's

Acolytes: 8:30 am Isabella & Olivia Dickens-Bowman, 11:00 am Robby Baccary & Grant Johnson

November 30

Isaiah 64: 1-9
Psalm 80: 1-7, 17-19 (UMH 801)
1 Corinthians 1: 3-9
Mark 13: 24-37

Communion Sunday & First Sunday of Advent

Lectors: available

Flowers: available

Acolytes: 8:30 am Luke Grzywacz & Hannah Cavanagh, 11:00 am Spencer Corbett & Connor Foulds



A Big Thank You

A big thank you to all of those who helped with the Apple Butter. All the LONG hours of cleaning and cutting were very worth the effort. It was a tremendous joy to see all the people who came out to join

the fun of the Fall Festival. The Discovery Preschool celebrated 20 years of serving our community's children. What a great mission of our church!



Don't forget to pick up and pay for your apple butter!



November Youth News



**May we always
be thankful for
the many
blessings God
has given us!**

**First United Methodist Church
308 North Braddock St.
Winchester, VA 22601**

Phone: 540-662-3151

Email:

mvorous@fumcwinchester.org



Nov. 13th Hannah Robinson

Nov. 14th Elise Delmerico

Nov. 16th Heather Gronlund

Nov. 20th Thomas Foulds

Nov. 21st Spencer Corbett

Nov. 22nd Jake Berghuis

Nov. 29th Kelsey Adams

First United Methodist Youth Mission Statement

*“We are servants
of Christ witness-
ing to His people
through our words
and actions as we
grow in
discipleship.”*



November Youth Happenings!



Nov. 2nd– Regular youth 4:30-6:30, come for food, fun and a great message.

Nov. 9th– Don't Forget! Regular youth/Parent's meeting, please bring a covered dish to share, meat and drinks will be provided.

Nov. 14th-16th- Junior High Eagle Eyrie fall retreat. This is a Va. Conference lead event. We will leave from FUMC at 2:30 on the 14th and should return on the 16th at 4:00. The cost is \$50.00 which is half of the cost. Please sign up by Nov. 3rd on the youth board downstairs.



Nov. 16th- "Ignite" service (a come as you are service) during the Sunday school time.

Nov. 19th– The youth will be cooking for 3-F again, please sign up on the youth board if you are able to help. Come out and support the church we had lots of fun last month!



Nov. 23rd– Regular youth! We will be having our own Thanksgiving meal. Be prepared to talk about all you are thankful for!

Nov. 30th– No Regular Youth/ Happy Thanksgiving!

- Check out the youth web page @ www.youth.fumcwinchester.org

Please do not hesitate to call with any questions or con-

Youth are awesome!!!



cerns.



Pastor's Corner

All Things New

At our Winchester District Conference on Sunday, October 19, D.S. David Forrest encouraged the pastors and churches present to rise to the challenges of the "All Things New" conference initiative adopted in June. Below are some of the key points of that initiative as it relates to existing churches becoming renewed faith communities. More information is available on-line at the conference website, www.vaumc.org under "*All Things New*."

THE PARABLE OF THE TALENTS-FRUITFUL AND MULTIPLYING

Matthew 25:14-29 – The Parable of Talents teaches that God expects multiplication and growth to be the fruit of faithful discipleship.

THE PRIMARY GOAL OF THE "ALL THINGS NEW" PLAN IS TO TRANSFORM THE CULTURE OF THE VIRGINIA CONFERENCE INTO A CULTURE OF FRUITFULNESS.

THE THE PLAN HAS TWO PROPOSALS:

1. Starting 250 New Faith Communities in 30 years.
Equipping existing churches to become 're'newed faith communities.

WHAT IS THE PLAN ALL ABOUT?

- A proclamation of faith in the abundance of God's grace through Jesus Christ.
- A reclaiming of our United Methodist Heritage as a missionary movement of God's Holy Spirit.
- A comprehensive plan for church growth in the Virginia Conference.

All churches in the Virginia Conference will be invited to be **Five Talent Churches** that demonstrate tangible results through the multiplication of fruitful ministries that glorify God. **Five Talent Churches** will demonstrate:

- Radical hospitality
- Passionate worship
- Intentional faith development
- Risk taking mission and service

Extravagant generosity



All Things New is a vision that proactively invests in building the kingdom of God through the Virginia Conference.



If you are interested in placing a poinsettia in the church, please complete the form below and either place it in the offering plate or mail it directly to the office.

ALL ORDERS MUST BE IN BY MONDAY, DECEMBER 15th.

Your Name _____ Phone _____

I would like to order _____ poinsettias at \$12.50 each.

Please make check payable to:
FIRST UNITED METHODIST CHURCH

Mark checks "for POINSETTIAS"

IN HONOR OF _____

IN MEMORY OF _____

Given by: _____

(How you want your name to appear in print)

Total Amount Paid \$ _____

PLEASE DO NOT REMOVE POINSETTIAS UNTIL AFTER THE 11 P.M. CHRISTMAS EVE SERVICE.

(A mixture of colors will be ordered. You may choose the color you wish to take home as long as supplies last) Poinsettias not claimed by January 2nd will be removed.)





Children's Christmas Pageant

We are beginning to work on our Children's Christmas pageant for this year's program. Rehearsals will be on Sunday evening at 4:30 pm beginning on November 2nd. There are still some non-speaking parts left if any children or youth would like to participate. Please let Jennifer

White know or come to a rehearsal and we'll be happy to include you! The pageant will be lots of fun so be sure to come out and join in preparing for the miracle of Christmas. Our program will be on Sunday evening December 14th directly after the yummy turkey dinner the men will be cooking!



Clearance Sale!!!!



The Jesus' Life Bracelets are on sale for \$15.00 now. The zipper pulls are also on sale for \$5.00. Hurry and get one before they are all gone. The proceeds will go to the Capital Improvement projects here at the church. Samples of the bracelets and Zipper pulls are on display outside the chapel.

Thanksgiving & Christmas Offerings

The Finance Committee has designated the Thanksgiving offering to CCAP and the Christmas offering to go to the Evans Home for Children and to Discovery Preschool for scholarships. If you have any questions please contact one

of the members of the Finance Committee. Let us try to remember all those that are less fortunate than ourselves this holiday season. It will be a more trying time for a lot of people.



**First United Methodist
Church**

**308 North Braddock Street
Winchester, VA 22601
& Apple Pie Ridge Campus
directly across from the Apple
Pie Ridge Elementary School**

Web site:

www.fumcwinchester.org

Church: 540-662-3151

Fax: 540-662-1462

Staff

Becky Cloud
Doug Sasser

Pastors

Mary Vorous
**Director of Youth
Ministries**

Kristen Grzywacz
Office Manager

Debbie MacKnight
Preschool Director

Ralph Gronlund
Lay Leader

Jennifer White
Treasurer

Ellen Cavanagh, RN
Faith Community Nurse

Queenie Dockeney
Custodian

Wayne Corbett
**Organist and Music
Director**

Gary Fisher
Choral Director

Melinda Russell
Hand Bell Director

Amy Costello-Wilfong
“Ignite” Music Director

Wayne Corbett &
Melinda Russell
**Children’s Choir
Directors**

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Reminder



Church Conference will be held Wednesday, November 12th at 7:00 pm in the chapel. Any questions should be directed to the pastors or the church office.